



Virtual Classes July 2023

	Essex Gauthier Drive Group Fitness Studio	Essex Gauthier Drive Indoor Cycle Studio	S.Burlington WTOT Studio 1	S.Burlington WTOT Cycle Studio
M	5:30am BODYPUMP 6:45am BODYPUMP 10:15am BODYBALANCE 12:00pm BODYPUMP 4:15pm BODYCOMBAT 6:45pm BODYPUMP	RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 7:30 pm.	6:45am BODYCOMBAT 12:00pm BODYPUMP 3:00pm BODYCOMBAT	RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.
T	6:00am BODYBALANCE 8:00am BODYBALANCE Flexibility (30min) 12:00pm GRIT Cardio (30 min) 3:30pm BODYPUMP 5:00pm Les Mills CORE	RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 7:30 pm.	6:00am BODYPUMP 7:15am BODYPUMP (45min) 9:45am BODYATTACK 11:00am BODYBALANCE Flexibility (30 min) 12:00pm BODYPUMP 2:45pm BODYPUMP 4:30pm Les Mills CORE 5:00pm GRIT Cardio	RPM classes every hour on the hour 6:00am - 11:00am and 1:00pm-7:00pm.
W	6:00am BODYPUMP 8:00am BODYATTACK(45 min) 10:45am BODYBALANCE 12:00pm BODYPUMP 4:00pm BODYPUMP	RPM classes every hour on the ½ hour starting at 5:30 am; last class starts at 7:30 pm.	7:30am Les Mills CORE AB Blast (15 min) 3:00pm BODYPUMP	RPM classes every hour on the hour starting at 6:00 am; last class starts at 7:00 pm.
Th	5:30am BODYCOMBAT 11:30am BODYPUMP 12:45pm Les Mills The TRIP (45min) (cycle-held in GF Studio) 2:00pm BODYPUMP 4:00pm Les Mills The TRIP (45min) (cycle-held in GF Studio) 5:15pm Les Mills CORE	5:30am RPM 6:30am RPM 7:30am RPM 8:30am SPRINT RPM classes every hour on the ½ hour starting at 10:30am; last class starts at 7:30pm	9:45am BODYATTACK 11:00am BODYPUMP 12:15pm BODYBALANCE (no class 7/13) 3:00pm BODYPUMP 4:30pm BODYCOMBAT	RPM classes every hour on the hour 6:00am-11:00am and 1:00pm-7:00pm.
F	5:30am BODYPUMP 8:00am BODYBALANCE Flexibility (30min) 9:15am Les Mills The TRIP (45min) (cycle-held in GF Studio) 10:30am BODYCOMBAT 12:00pm BODYPUMP 1:15pm Les Mills CORE 3:00pm BODYBALANCE 4:15pm BODYPUMP 5:30pm BODYPUMP	RPM classes every hour on the ½ hour starting at 7:30am; last class starts at 6:30pm.	6:00am BODYPUMP 11:45am BODYATTACK 1:00pm BODYBALANCE 2:15pm BODYPUMP 3:30pm Les Mills CORE (30 min) 4:15pm BODYCOMBAT	RPM classes every hour on the hour 6:00am-11:00am and 1:00pm-6:00pm.
S	7:45am BODYPUMP 10:30am BODYBALANCE 12:30pm BODYPUMP 2:00pm BODYCOMBAT 4:30pm BODYBALANCE	7:15am RPM RPM classes every hour on the hour starting at 10:00am; last class starts at 4:00pm 5:00 pm Beginner RPM (30 min)	7:15am Les Mills CORE 11:45am BODYBALANCE 1:15pm BODYPUMP 3:45pm BODYATTACK	7:30 am RPM RPM classes every hour on the hour starting at 11:00am – 4:00pm.
S	7:30 am Les Mills The TRIP (45min) (cycle-held in GF Studio) 9:00am BODYCOMBAT 12:15pm BODYPUMP 1:30pm Les Mills CORE 3:00 pm BODYCOMBAT	7:15am SPRINT RPM classes every hour on the hour 8:00 am -10:00 am and noon – 3:00 pm 11:00 am Beginner RPM (30 min)	11:00am BODYCOMBAT 1:00pm BODYPUMP 2:00pm BODYBALANCE Flexibility (30 min) 3:00pm BODYPUMP (no class 7/30)	RPM classes every hour on the hour 8:00 am – 4:00 pm

*Schedule subject to change. Virtual classes are prerecorded and start on time. Please be set up and ready to go.

Class size is limited. **Signups are required for all classes** and start 72 hours in advance online, on the app or by calling 802-879-7734 x2 or 802-658-0001.

In a full class situation, if you have signed up and have not checked in 5 minutes prior to class your spot will be given to a waiting member.